



TODAY'S TOPIC:
The Gift of Color
The Hindu Festival of Holi
 You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age, but could be adjusted as needed.

THINKING JOB: Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

What was the best party I ever attended?

Lesson

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> Possible craft https://www.activityvillage.co.uk/painted-people OR https://artscraftsymom.com/colorful-paint-splatter-cards-holi/ 	<ul style="list-style-type: none"> N/A 	Know that the Hindu Festival of Holi celebrates spring, and is a time when everyone is treated equally.

ASK: We are moving into the season of spring! What are some things you think of in the spring?

SAY: There is a religion called Hinduism, and they celebrate the Hindu festival of Holi which celebrates the arrival of spring, the end of winter, the blossoming of love and for many, it is a fun day to meet others, play and laugh, forget and forgive. Also known as the Festival of Spring or the Festival of Colors, Holi is hundreds of years old. **EMPHASIZE:** Fun is one of the biggest parts of Holi. People light a big bonfire the night before, and you might throw wood, dried leaves and twigs into bonfires or even grains, popcorn, coconut and chickpeas onto them.

SAY: Guess what happens the next day? It's a colorful festival with dancing, singing and best of all, people of all ages go into the streets for fun and paint-throwing. SEARCH ONLINE FOR PICTURES. Everyone gets involved! Hindus have fun by throwing and smearing each other with paint powder and splashing colored water throwing all over each other, especially with water balloons and squirt guns.

SAY: I love that a big part of this colorful party is equality. Everyone is equal during the celebration and anyone and everyone is fair game to get splashed with color, friend or stranger, rich or poor, man or woman, children and olders. There is music and singing and dancing. The streets and parks are full of people having a big color party. And that night, people dress up and visit friends and family.

ASK: Would you like to be at a big colorful party like that?

SAY: Since this is a Hindu festival, what exactly is Hinduism? Most often it is considered a religion, but people also say is it a spirituality and a culture. If this is a Hindu religious festival originated in India, why is Holi now so popular all over the world?

Holi has a great message of celebrating life that applies to everyone. And just as there are Hindus who may participate in some aspects of Christmas, people of other faiths can participate in some aspects of Holi. If you are interested in celebrating the Hindu Festival of Holi or a Festival of Colors, just remember it is about fun, but also about a spiritual gratitude and connection. The fact that there are celebrations all over the world means people all over are learning a bit about Hinduism, but you want to be sure you honor the intention of the faith and the festival.

BONUS: The origin story of Holi.

<https://www.youtube.com/watch?v=mp8p3wYzhTo> Holi has many stories about how this holiday started and they all have to do with the many gods that are worshipped in Hinduism. Most people use the story of story of Prahlad, a faithful devotee of the god Vishnu.

AFFIRMATION – I love to play and celebrate. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> . A video to support this lesson is available on our MHC Y+F Positive Family Spirituality YouTube channel https://www.youtube.com/channel/UCUc3XHlHB9TF4FENneYoO_Q . An

audio conversation of this lesson appropriate for children can be found at <https://insighttimer.com/milehichurch>.